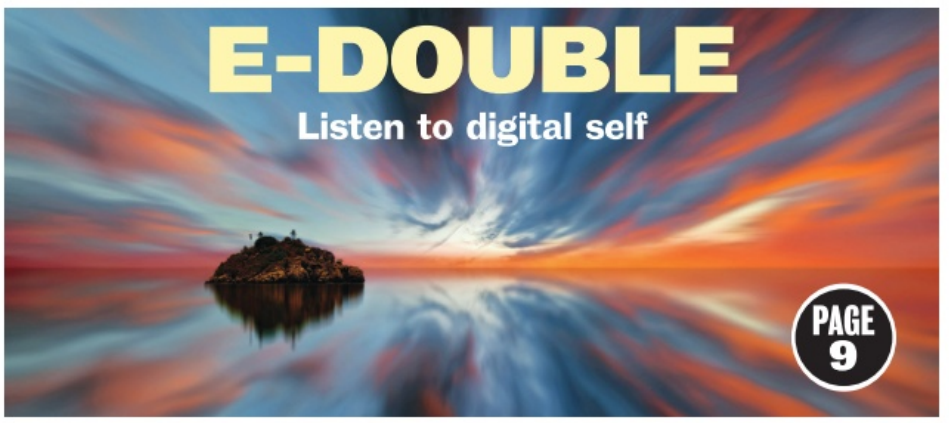
BENGALURU, MONDAY, JULY 25, 2022 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 27 | Min 19 | Humidity 84% Generally cloudy sky Sensex 56,072 | Nifty 16,719 | Gold 50,680 | Silver 55,100 | Dollar 79.85 | Euro 81.55 | GBP 95.85



Pitiable condition of road to BBMP maternity hospital delaying critical medical care for expectant mothers

LORD! DELIVER US FROM BAD ROADS

Main Road in Bhuvaneshwari Nagar not repaired in 3 years

| Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

The delay in asphalting the main road of Bhuvaneshwari Nagar near Nandini Layout is a classic example of the lack of coordination between Bruhat Bengaluru Mahanagara Palike (BBMP) departments.

After the health department set up a well-equipped 12-bed maternity home for the welfare of pregnant women from the economically weaker sections in the area, the ward-level engineering department miserably failed to ensure the upkeep of the road. The road is not motorable at the moment.

The stretch has remained in a pitiable condition for the last three years. The BBMP ward engineer did nothing either to fill the potholes or asphalt the road.

"I was told that an ambulance of the maternity hospital got stuck in loose soil on the road. As I have requested local leaders to pressurise the BBMP engineer to asphalt this road, the BBMP has taken up asphalting and workers have leveled the surface of the road. However, I cannot demand the BBMP engineer to expedite asphalting work," said

CONTINUED ON PAGE 7 »

KAUSHIK JN

"I struggle to drive pregnant women in the ambulance to the maternity hospital due to pathetic condition of this road

— Narasimha Murthy, ambulance driver

Marshals attacked by litterbugs

BBMP personnel threatened, attacked by those dumping garbage at blackspot

| Iffath.Fathima
@timesgroup.com

TWEETS @BangaloreMIRROR

Bruhat Bengaluru Mahanagara Palike (BBMP) marshals monitoring littering in public spaces were threatened by the residents of Shampura when the former tried to stop the latter from dumping garbage.

Illegal dumping is rampant in BM Krishnappa Layout of Shampura especially near the railway tracks. Just recently, Beacon English High School and Stratford Public English High School administrations from the area sent letters to the BBMP requesting to look into rampant garbage dumping in the area.

Residents of BM Krishnappa Layout have raised complaints with the BBMP officials. Thereafter, Vivek, head BBMP marshal for Sarvagnanagar constituency, initiated an earthmover drive to clean the area along the railway line. But, the wall alongside the railway track collapsed as the wall was old and weak. After railway employees complained, the cleaning drive had to be stopped.

During a special drive conducted by the marshals, one individual caught dumping waste tried to attack them with a blade. The marshal who was attacked had a close shave.

Vivek said, "A marshal was tasked to check littering in the area at around 4:00 pm. As some residents came to dump garbage, the marshal tried to stop them;

CONTINUED ON PAGE 7 »

3 THINGS TO DO

01 Artsy affair

Soulful Strokes is back again with its beautiful display of works by 21 artists from around the country. It is going to be a festival of colourful renditions of artistic visualization, Oil, Acrylic, Watercolor, and mural artworks.
When: August 1-7, 10:30 - 7 pm
Where: Chitrakala Parishath; Tickets: Free

02 Silk Expo

Indian Silk Gallery is here with an expo that celebrates the art of the weaving communities. It is a platform that helps them sell their handloom products directly to consumers. So if you want to buy some handwoven silk products, this is the place. **When: Till July 31**
Where: Shubh Convention Hall, JP Nagar
Tickets: Free

03 Meditate and chill

If you want to get rid of all negativity and balance your chakras, then do not miss this online reiki and meditation event.**When: July 27; Where: online**
Tickets: bookmyshow.com

Swine Flu surge; doctors advise taking precautions

People with comorbidities like hypertension, cardiac issues, obesity, and chronic lung diseases are at higher risk

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMirror

Doctors in the city say that there is an increase in the number of people testing positive for H1N1 or Swine Flu. They advise wearing masks and maintaining social distancing to prevent further spread.

Recently, a diabetic from Ramanagar was admitted to a city hospital in a serious condition. She tested negative for covid but required ventilator support. Later she was found positive for H1N1 (Swine flu). Although she is showing signs of recovery, she is still on ventilator support.

Dr Pruthu Narendra Dhekne (Consultant - Infectious Diseases, Fortis Hospitals, Bannerghatta Road) said, "There is an increase in the number of positive tests for H1N1 cases however we cannot say that it is a significant surge. It is the season for H1N1 cases upsurge; as testings and suspicions are high with the current weather hence the increase in reported cases."

The flu transmits in a similar way as covid 19. Dr Subrata Das, senior consultant, Internal Medicine and Diabetology, Sakra World Hospital said, "These cases of flu transmit through the aerial route and through the mouth or nose, just like covid-19. Due to lockdown and covid protocols in place, the cases of flu were minimal. However with protocols easing, many are not following precautions."

Although the surge is not very serious, doctors still advise taking precautions. "Some of the precautionary measures like physical distancing, washing hands regularly and wearing masks at all times should be followed," Das added.

Dr Basavaraj Kuntoji, Internal Medicine consultant, Manipal Hospital, Malleswaram, said, "We are seeing Swine flu cases due to subsiding of Covid cases though I don't think there is a surge as such. Hence, whoever has fever, cough or sore throat, needs to avoid close contact and always wear a mask."

Surge in Mumbai and other cities

Dr Gourishankar Reddy, Consultant, Head of Medical ICU and COVID ICU, BGS Gleneagles Global Hospital said that there was an increase in H1N1 in various parts of India along with rising covid cases. In fact, the surge is reported in cities like Mumbai.

He added that monsoons usually witness a surge in respiratory viral infections, but this year it has been a mix of covid cases, H1N1 and common flu.

The Pune-based National Institute of Virology has cautioned that H1N1 was seeing a surge.

"We have been receiving cases with severe viral pneumonia which is treated with steroids and supportive care. For H1N1, WHO recommends treatment with either Oseltamivir or Zanamivir. Patients should receive treatment as soon as possible after symptom onset without waiting for laboratory results if an H1N1 outbreak exists. It is better to initiate antiviral drugs within 48 hours of the onset of symptoms for a better outcome," Dr Reddy said.

A monovalent vaccine can be take by people at high risk such as health care workers and people with multiple comorbidities

However, common flu symptoms are like H1N1 and we don't need to treat it with antivirals as it is self-limiting. Only patients with multiple co-morbidities like diabetes, hypertension, cardiac issues, obesity, chronic lung diseases and smokers have a higher risk of going into complications, he added.

He advised consulting a doctor as early as possible. "Prophylaxis with antiviral agents should be considered in close household contacts and health care providers who encountered confirmed cases," Dr Reddy said

Precautions
- Home isolation
- Physical distancing
- Avoiding gatherings
- Wearing N95 mask
- Regular hand sanitization
- Preventative Vaccination

Since the outbreak, multiple methods of diagnosing influenza have been reported. These include conventional RT PCR, office-based rapid molecular testing, and rapid antigen or antibody immunoassay. Treatment is largely supportive and consists of bed rest, increased fluid consumption, cough suppressants, antipyretics and analgesics.

A monovalent vaccine can also be taken annually people like health care workers and people with comorbidities.

Green alert: Turning old clothes into grocery bags

Saumyangi Yadav
c-saumyangi.yadav@timesgroup.com
TWEETS @BangaloreMIRROR

Everyone is playing their part to reduce the use of single-use plastic in the city since the Centre announced a ban on single-use plastics from July 1. Citizens have been trying to include sustainable alternatives such as reusable grocery and paper bags in their daily routines.

One such initiative was started in the city by Circular Waste Solution, a NAMA (Nationally Appropriate Mitigation Action) facility-funded project in collaboration with Saahas, an NGO working in the field of waste management. The objective of this campaign called 'Cheela Mela', organised at Madiwala market on Sunday, was to upcycle old clothes into reusable bags to reduce plastic and textile waste in the city.

Many people came with old sarees, pants, and bedsheets to get them upcycled into cloth bags.Some pre-stitched bags were also given out to the public.

People came with old sarees, pants and bedsheets to get it upcycled into bags

SV Veerendra from Saahas NGO told Bangalore Mirror, "The campaign aims to create a visual awareness in people and to mark a plastic-free July. We had previously held a similar event on July 3, on the occasion of International Plastic Bag Free Day. That day we attracted almost 1000 people through street play and other activities and also gave away 500 cloth bags to the public."

The team has also planned to organize another event on a much larger scale on Tuesday, July 26 at KR Market.

BBMP has partnered with GIZ India, which is a German Development Agency, and Saahas NGO to implement the NAMA Facility project titled 'Circular Waste Solutions' in Bangalore. Its main objective is to reduce Greenhouse Gas emissions.

Experts applauded the initiative."If you ever notice the garbage dumps or trash bins you will notice that leather and textile waste makes up a huge part of it alongside plastic waste. It is a great venture by people to upcycle old clothes instead of discarding them. It will reduce plastic as well as textile waste in the city," said Dr AN Yellappa Reddy, an environmentalist.

Quit your 9-5, become a newborn photographer

People are increasingly quitting their corporate jobs to photograph babies as it pays well

Iffath Fathima
iffath.Fathima@timesgroup.com
TWEETS @BangaloreMIRROR

When Jordan was born to Melchior Herman Fernandes, Business Development Executive and Co- Founder of Rainbow Hues, his wife and he wanted to capture some special memories of their precious child

For parents, getting to see their newborn is an immensely precious moment. With newborn baby photography gaining momentum and trending around the world, many corporate employees are quitting their jobs to become newborn photographers as it comes with good pay.

While some hospitals have their own studios to capture baby photographs, some people also take their infants to professional studios and get their pictures clicked. Babies are dressed up in adorable outfits and often props are used to make the pictures special.

Newly-turned parents too know that baby photography is very in demand now. Many such parents, who are working in IT companies, are starting to learn photography and switching fields.

Benedicta Sonia S, Founder/ Director of Casper Photography, and her husband Xavier George, Operation Manager at the same place, quit their corporate jobs to take up baby photography as their profession.

Sonia told BM, "Over the last few years, lots of parents have been wanting baby shoots. Firstly, we love babies. The passion of creating something very unique and creative with 5 to 15-day-old babies, which can be cherished for a lifetime, made us opt for this line. My husband and I do this as a team and the experience has been highly overwhelming and fulfilling."

When asked how new born babies must be handled for shoots, she said, "Babies should be handled very carefully and you need a lot of knowledge regarding handling them. There are a lot of dos and don'ts which we have mastered over the years as a couple. So yes, special training is required."

So, how does one come up with creative ideas for these shoots?

According to Sonia, there is a method.

"We check with the likes of the mothers during pregnancy and their ideas and thoughts. All this makes us create something new and personalised each and every time," she explained.

The cost of newborn photography, depending on the package, ranges from Rs 10,000 to Rs 60,000 or even higher.

Aditya Bose, feelance photographer and videographer, said, "There has been a rise in people enquiring about baby photography. This is not just for newborns but even toddlers. Parents have been enquiring about shooting with different themes - ideas like Harry Potter, Marvel and DC Superheroes, unicorn and princess themes, and so on. Earlier there weren't many parents who were willing to spend on something like this, but now since everyone is doing it, it's become a trend that will stay."

Rahul R, who worked in software companies and has now taken up photography, said, "For one shoot we can get around Rs 25-50,000. However, one needs to know how to capture the shots while being conscious of the infant's comfort."

Melchior Herman Fernandes, Business Development Executive and Co- Founder, Rainbow Hues, said, "When my son Jordan was born, my wife and I wanted to do something extra special for him and create cute memories of him that he could look back upon and cherish later in life. We did some research and realised that a baby photoshoot with innovative props was just the right thing! We got the best photographer couple who got our baby to pose, which was so unbelievable. They dressed our son up as a bee, an angel, a baby in a wreath, a hammock, a moon, and more, and used a whole lot of other props to create memories that would last forever."

> **"Parents have been enquiring about shooting with different themes like Harry Potter, Marvel and DC Superheroes**
> – Aditya Bose, photographer

Good Samaritan's body freezer scares pedestrian

Saumyangi Yadav
c-saumyangi.yadav
@timesgroup.com
TWEETS @BangaloreMIRROR

At around 11 am on Saturday, Vijaya Shenoy, 66, was passing by the Srirampura Police Station in Rajajinagar when she saw a freezer used to keep dead bodies lying on the roadside.

Startled by the bizarre sighting, Shenoy said, "I was going for a meeting when I saw this coffin. There was nothing inside it I hoped. It was just lying there on the road near a police station." Police personnel at Srirampura Police Station said that the mortuary freezer has been removed from the road now. "It is not an issue really. The body freezer belongs to a social worker who lives nearby and was empty. It has been moved to another place now," said Manjunath Gowda from Srirampura Police Station.

The dead body freezer belongs to L Palanikanth, a social worker, who said, "I have been keeping the freezer in front of my house (which is near the police station) for many years. I provide these freezers for free to people who are in need and cannot afford one. Others will charge almost Rs 4,000 to 5,000 for the same freezer on rent. It is available to anyone who can take it and put it back when they have used it. I do not have proper space for it, which is why I keep it there." Palanikanth added that he will remove the mortuary freezer from the roadside when the government also starts to provide this facility for free.

"Not everyone can afford to pay Rs 5,000 or more for this. When the government steps up and takes the matter into their hands, I will remove all this from the roadside. This is honest social work." For over 30 years, Palanikanth has also been providing ambulance services and hearse vans along with dead body freezers to the people without any charge.

> **"Not everyone can pay Rs 5,000 or more for body freezers**
> – L Palanikanth, social activist

Light at the end of graveyard shift

Y Maheswara Reddy
c-maheswara.reddy
@timesgroup.com
TWEETS @BangaloreMIRROR

If all goes well, the Bruhat Bengaluru Mahanagara Palike (BBMP) is set to renovate Kalpalli Burial Ground Registrar's office in a few days.

A social worker, after reading the horrific story of Kalpalli Burial Ground Registrar Sathya S, took her to BBMP Special Commissioner Ravindra to request him for provision of basic amenities like restrooms.

Bangalore Mirror previously reported on how Sathya, the only woman working as a registrar at any burial ground, has been suffering due to lack of restrooms, water, and electricity. The story also narrated how Sathya earned goodwill of the people who visit the burial ground for burying mortal remains of their relatives.

"I am grateful to Bangalore Mirror for publishing my story. I am also grateful to Vidya Rudresh, a social worker, for taking me to meet the BBMP Special Commissioner. I hope the BBMP authorities will renovate the building that is in a dilapidated condition and provide basic facilities," said Sathya.

> **"Many people visit Kalpalli Burial Ground in sorrow. Lack of basic amenities should not bother such people** – NS Ravi, Bharathinagar Residents' Forum president

Vidya Rudresh, a resident of Shivajinagar, has said that she too is confident of the BBMP Special Commissioner fixing the problem soon.

"Ravindra sir has assured to discuss the issue with BBMP Chief Engineer and other engineers concerned. He was kind enough to sanction compensation to a tree fall victim's family. I am sure about Sathya getting the basic facilities. I have known about her for quite some time. I visit Kalpalli Burial Ground to offer pooja to my husband's memorial on auspicious occasions. She is a good and humble human being," said Rudresh.

Bharathinagar Residents' Forum president NS Ravi has asked the BBMP authorities to provide basic amenities for Sathya without any delay.

"There is no water and restroom facilities at the burial ground. Many people visit Kalpalli Burial Ground in sorrow and depression to bury the mortal remains of their relatives. Lack of basic amenities should not bother such people who are already suffering after losing their relatives. It may not cost more money for the BBMP to provide basic amenities at this ground," said Ravi.

Bangalore Mirror
Only burial ground where a woman is working as registrar has no amenities as BBMP yet to provide even a restroom
GRAVE SITUATION

On July 22, BM reported about the lack of basic amenities like water and restrooms for Sathya

BBMP Special Commissioner Ravindra told BM that he would discuss the renovation of Kalpalli Burial Ground Registrar building with the Chief Engineer and others on Monday. "I expect the renovation of the building to begin in a few days," he said.

RAY OF HOPE

All about Endometrial Receptivity Array, a treatment for repeated IVF failures

Prakash VL
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMIRROR

IVF is a glimmer of hope for all those couples who are planning to have a baby. However, even for those couples who have seen failures in IVF, a new trend in treatment is bringing hope.

Endometrial Receptivity Array (ERA) is a beneficial treatment for Repeated IVF failures. This will help doctors to determine whether the womb lining is in a good condition.

Garbhagudi IVF centre Founder and Medical Director Dr. Asha S Vijay said, "To conduct the ERA, the expert will collect a sample of the endometrial tissue at a particular time of the menstrual cycle. As per the studies, around 30% of recurrent implantation results from the non-receptive endometrial lining. The ERA test helps to avoid implantation failure. In Azoospermia patients, if normal semen analysis is done, there will be no count on DNA Fragmentation Index (DFI), but in computerized semen analysis, it is easy to get DFI. When DFI is high also one can't get pregnant. If DFI is high, the issue is resolved using magnetic cell sorter technology."

Dr. Asha S Vijay added, "Advances in infertility treatment are making it easy for an infertile couple to fulfill their dream of parenthood. Many young people freeze their eggs and sperm when they are young and go for parenthood at their desired age. The success rate is also good in this due to advanced procedures. Couples lose much of their capacity to conceive after a woman turns over forty. Sometimes couples lose their children at a young age. They can opt for freezing the eggs and sperms. This is actually a new trend in infertility treatment."

"Many young people freeze their eggs and sperm when they are young and go for parenthood at their desired age. The success rate is also good in this due to advanced procedures –Dr. Asha S Vijay

Advertorial

JANYA
Fertility And Gyne Clinic

Advancing age and Stress impact Fertility

Age is one of the most important factors affecting a woman's fertility. While good health improves the chance of getting pregnant and having a healthy baby, advancing age also plays a role on a woman's fertility.

The quality and quantity of a woman's eggs begin to decline with age. In the mid-30s, the rate of follicle loss speeds, resulting in fewer and poorer quality eggs. This makes conception more difficult, and increases the risk of miscarriage.

A woman in her early to mid-20s has a 25–30% chance of getting pregnant every month. Fertility generally starts to reduce when a woman is in her early 30s, and more so after the age of 35. By age 40, the chance of getting pregnant in any monthly cycle is around 5%.

Research has shown that women with history of depression are twice as likely to experience infertility. Anxiety can also have a negative effect by prolonging the time needed to achieve pregnancy.
While the effects of female age on fertility have been known for a long time, more recent studies have found that the age of the male partner also affects the chance of pregnancy.

Dr Prathiba Govindaiah
MBBS, DNB, FIRM, FMAS
Fertility Specialist, Obstetrician and Gynaecologist

Male Fertility

The decline of male fertility, particularly associated with advancing age, incorrect lifestyles and environmental factors plays an important role on birth rate. Male fertility generally starts to reduce around age 40 to 45 years when sperm quality decreases.

Low sperm count symptoms: Low sex drive or difficulty maintaining an erection. Pain, swelling or a lump in the testicle area. A history of testicle, prostate or sexual problems

Stress & Lifestyle problems

Stress is a major factor that affects conception rate in couples.

Several recent studies have found links between women's levels of day-to-day stress and lowered chances of pregnancy.

Similarly, stress factors such as job, life events, and even social strain have a significant negative impact on sperm quality.

Hence maintaining healthy mind-body relationship is required for couples who want children.

Research has found that couples undergoing IVF treatment along with counselling were found to have increased conception rates.

Janya Fertility & Gyne Clinic
807, 2 nd floor, 27 th main,
sector 1, HSR Layout,
Bengaluru - 560102
Mobile No. **9731441111**

Bust that myth

Garbhagudi IVF Centre helps you take a relook at a few common notions:

Myth: Chances of pregnancy increase if you have intercourse on a daily basis.
Reality: Chances of pregnancy increase during ovulation and not based on the number of times the couple gets intimate.

Myth: Those who have delivered once cannot be infertile.
Reality: Many women have secondary infertility, the factors affecting this are age, lifestyle after the first birth, etc.

Myth: Spice during pregnancy causes blindness in babies.
Reality: Eating spicy foods during pregnancy is perfectly safe but may lead to heartburn.

Myth: Heartburn is related to hair growth in babies.
Reality: Pregnant women face heartburn issues, which can arise from factors like hormonal imbalance and indigestion.

Myth: PCOS patients are obese.
Reality: Only around 50% of PCOS patients are obese. Slimmer PCOS patients do have other symptoms like excess hair growth, irregular periods.

Myth: Age isn't a factor in male fertility
Reality: The quality and quantity of sperms decline with age and affect male fertility.

Myth: Smoking and alcohol do not affect male fertility
Reality: There is strong evidence that smoking and alcohol consumption unfavorably affects male fertility. It reduces the semen volumes and percentage of motile sperm.

Myth: Irregular menstrual cycle is a big sign of infertility
Reality: Irregular period means a woman may have a harder time predicting ovulation. It does not mean infertility.

Myth: Eating less helps you lose weight
Reality: When you're on a weight-loss plan, it would seem to make sense just to eat less, but this could hinder attempts at getting healthy. Consult a dietician for healthier results.

Myth: It's easy to diagnose and treat thyroid disease.
Reality: Thyroid disease is a very complex and multi-faceted condition that requires a variety of approaches to diagnose and treat.

Myth: Hormone Replacement Treatment is not for women who enter menopause early.
Reality: Some women experience early menopause, and for them, HRT may help reduce the risk of heart disease and protect against osteoporosis.

Myth: A woman's menstrual cycle is for 28 days.
Reality: Normal menstrual cycle ranges anywhere from 21 to 36 days.

Myth: Women who take birth control pills become infertile
Reality: There are no methods of contraception that cause infertility. Some women get pregnant soon after stopping birth control.

Myth: Heat from laptops is not linked with male infertility
Reality: Heat from your laptop has been shown to damage sperm count, according to research.

Myth: Taking supplemental testosterone can enhance a man's fertility.
Reality: Taking supplemental testosterone can improve a man's libido, but it suppresses the body's synthesis of natural testosterone, which affects sperm production.

Myth: Menopause happens only after 40
Reality: The most common age for menopause is between 45 and 55, but it's possible to have it as early as your 30s.

Myth: Premature ejaculation is a psychological problem.
Reality: The common cause of PE is stress or anxiety. But it can also be a result of infections, neurological disorders or thyroid hyper functions.

Myth: Exercising during pregnancy can hurt the unborn baby
Reality: Doctors advise women to exercise during pregnancy as it helps in the easy delivery of a child and strengthens the pelvic muscles. It does not hurt the baby.

Myth: Infertility is hereditary.
Reality: Infertility is not hereditary, but certain medical conditions are genetic & may interfere with the ability to have a baby.

Myth: Stress affects fertility only in women and not in men.
Reality: Stress can affect both female and male fertility.

Advanced IVF treatment, boon for couples

Infertility is on the rise among young couples. Some due to inherent problems and some external ones. Lifestyle along with our food habits can cause infertility. What we use generally in the food is also largely causing infertility. To top it, the aspirations of professional young couples, make them postpone parenthood.

For all such people, IVF treatment has turned out to be a big hope. Earlier, IVF treatment was given to infertile couples with donor sperm when sperm count was low in the male partner. Now Intracytoplasmic Sperm Injection (ICSI) is helping couples to conceive with the best eggs and sperm.

The rise in infertility

Dr. Asha S Vijay (Garbhagudi IVF centre Founder and Medical Director) said, "There is a drastic rise in infertility among the young couple. More than 50% of the young couples come to us with different issues in conceiving naturally. Our daily habits make us become infertile.

Most of the chemicals we use on a daily basis like shampoo, floor cleaners, and others contribute to the issue. These chemicals make girls mature at eight years of age. Ovarian reserve in ladies is reducing. This is a worrying trend. Developing healthy habits, such as exercising, avoiding smoking and junk food make a lot of difference in improving the fertility rates."

Dr Pratibha Govindaiah (Fertility Expert and Gynecologist in Janya Fertility and Gynecology Clinic) said, "Infertility is increasing due to food patterns and other factors. IVF is the best treatment for achieving pregnancy and the success rates are increasing. People also accept the treatment methods. In rural areas, it should be more acceptable. We use many procedures for improving egg quality and sperm counts. Now advanced treatment procedures make it the most dependable for achieving parenthood."

Dr Sneha J (Fertility Expert, NU Hospital) said, "The proportion of women wishing to postpone childbearing in order to reach their career goals or find the right partner is increasing. But not many are aware of the option of fertility preservation where a woman can freeze her eggs in 20s and early 30s to be used later in life with IVF. As a woman ages, the quality of eggs dips. These women can choose oocyte cryopreservation as an option to start a family later."

Infertility may be caused by a number of different factors, in either the male or female reproductive systems. Sometimes it is not possible to explain the causes of infertility. The major causes are blocked Fallopian Tubes, Polycystic Ovarian Syndrome (PCOS), ovulation disorders, surgical complications, obesity, Pelvic Inflammatory Disease and hormonal Disorders.

Dr Meghana P (Gynecologist from Aasara Hospital) said, "Infertility among the young couples is increasing due to stressful lifestyle, obesity and postponing the first pregnancy. PCODs is also an increasing trend. But IVF is not the only solution for fertility, conceiving naturally is possible through ovulation induction and other methods. The success of IVF is also around 50%. It is a lot of stress for patients and families. Changing lifestyle, exercising regularly, practising Yoga, and staying relaxed will help the couples to conceive naturally."

— Prakash VL

GarbhaGudi IVF Centre
your faith... our efforts... HIS grace...
GARBHAGNAN FOUNDATION
12 year EXPANSION
World celebrates - IVF day on 25th July
A ray of hope for progeny
44 years ago - 1st test tube baby born
GarbhaGudi
12 years ago - GarbhaGudi IVF Centre Started
7000+ families completed
On its way to expand to many more places
Another Proud Moment!!
GarbhaGudi Ranked Among Top 10 IVF Centres in India by
10 TOP
Awarded as
IVF CLINIC OF THE YEAR - SOUTH
by Healthworld.com
National Fertility Awards 2022
PROUD WINNER
AROGYA HEALTHY WORKPLACE AWARDEE 2022
Hanumanthanagar
Kalyan Nagar
South End Circle
Electronic City
Marathahalli
Helpline : 0 888 000 09 09
www.garbhagudi.com

HBR Layout residents do mind this gap very much

BBMP forgets to cover dug-up drain that is now mosquito breeding ground

Iffath Fathima
iffath.fathima
@timesgroup.com

TWEETS @BangaloreMirror

The open drain is location in 4th Block, HBR Layout and poses several risks to residents in the area

For the residents of HBR Layout, 4th Block, everyday has been an ordeal.

A drain in front of their locality has been dug up and left open for about three months now without the civic department intervening to close it.

According to residents, the Bruhat Bengaluru Mahanagara Palike (BBMP) had dug open the drains to clear the clogging. However, after it was opened up and work was carried out, the drain was never closed. Many times, residents staying close to VBR college in the layout had complained about the problem to the BBMP, but in vain.

Naaz Fathima, one of the residents, said, "It is close to three months and the drain is left open. We complained to the BBMP several times but no action was taken. A lot of times calls would go unanswered. This poses a great danger to residents and passers-by. Cars or other vehicles cannot come into the locality. Even for us, to move from one end to another, we have to walk through a thin slab on the footpath, which is especially dangerous for children. "

Residents also alleged that the drain was flooded due to the monsoon showers since it is open. The water has been flooding the road, causing the entire place to stink, they added.

Fathima further said, "It gets difficult for children to play. Since it's a residential area, many children used to come and play in the evenings. Now with drainage water coming on the road and the whole drain being open, it is a risk for them, and parents are asking them to stay indoors. The stench is also a factor causing kids to stay home."

> **"People are shutting their windows and doors and staying in (due to mosquitoes). We need a quick solution for this**
>
> – Resident, HBR Layout

Recently, a two-wheeler ride commuting on the stretch fell inside the drains. The locality has dim street lights and as he did not notice the drain, his bike fell inside. He was reportedly lucky enough to suffer mild injuries instead of something major.

Apart from this, the open drain is leading to mosquito breeding amid the rains.

"As we know dengue cases are being reported in many hospitals. It is risky for every resident living here. People are shutting their windows and doors and staying in. We need a quick solution for this," said another resident.

In order to exit the locality, one needs to go through the back lane and take a detour to end up on the main road, complained the residents.

BBMP officials said they will shut the drain in a few days.

BBMP plugs one leak and another sprouts up

Melvin Mathew
c-melvin.mathew
@timesgroup.com

TWEETS @BangaloreMIRROR

The condition of a road in Nagaraj Layout which has worsened ever since a culvert was opened up

Nine months have passed since the BBMP broke open a slab connecting the inner 3rd crossroad to the main road in Nagaraj Layout. However, residents say they still have no plans for reconstructing the road.

The work was reportedly carried out to fix sewage leaking from the culvert.

Now, with the road blocked by the culvert, the isolated stretch witnesses illegal activities and congestion. BM had reported about the sewage leak following complaints from residents, prompting BBMP officials to jump into action.

While the sewage problem was fixed, a new issue crept up. The culvert now blocks the path for vehicle passage.

"Initially there was waste-water logging. They broke open the slabs to fix the culvert. Now, spillage has stopped, but now we are worried about snakes. With zero usage of the stretch, we have seen an uptick in crimes. Some thieves entered our apartment. To prevent that, we erected fences around the wall adjacent to the road. In the entire main road there are only two streetlights. We added floodlights for safety," said Ravikiran, a resident of AHP Woods.

Residents recently contacted BBMP Chief Commissioner Tushar Giri Nath about their problem and received a response from his office instructing Joint Commissioner of Mahadevapura R Venkatachalapathy to take immediate action.

"After many escalations, the culvert was dug-up. Buses are using the ramp of apartments to turn now and it's a huge safety risk. There have also been several accidents here," said a resident.

The stretch is layered with mud that keeps flowing onto the road when it rains, making it risky for commuters. School buses have trouble taking U-turns. If more than one vehicle comes along the stretch at the same time, it becomes chaotic.

Roads near the stretch are pothole-ridden and slushy, and when it rains, a particular apartment receives the worst of it.

Recently, the Sree Samrudhi Apartment parking area was flooded and the electricity meter board went under water to some degree. "Drain water flowed into the basement. For 7 years, we haven't seen any streetlights, drainage or road work. We had escalated it to the CMO as well," said Vishwanath, a resident.

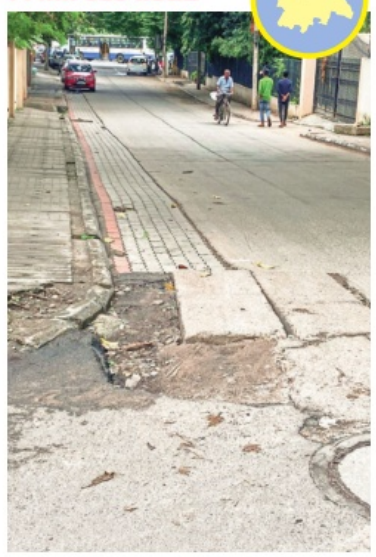
Basavaraj, BBMP AEE, told BM, "Under the Amruta Nagarothana project, work will be taken up within 10 days. Regarding robbery, we will consider CCTV installation. Streetlights will also be installed when the work order is issued."

Residents say the body has been making such promises for a while.

whatsapp MIRROR
9591233247

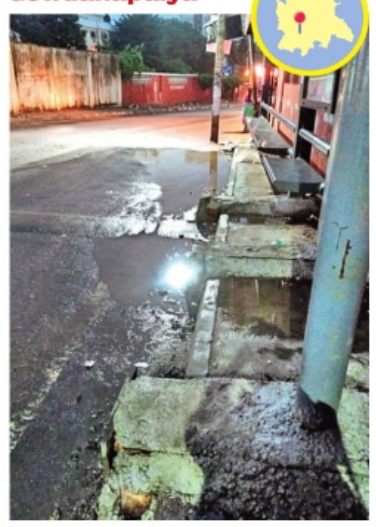
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Unsafe road
Primrose Road



Primrose Road is in a dangerous state.

Flooded bus stop
Gowdanapalya



It is not even possible to enter the bus stop at Gowdanapalya due to waterlogging on the road.

Broken camera
Manorayanapalya

Hebbal Police, BBMP, traffic police are not attending complaints about a broken camera in GS Kumar 2nd B Cross, Manorayanapalya despite complaints.

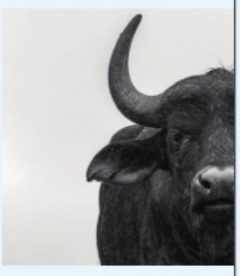
NOTES FROM THE FIELD

Wave it off

Dr CN Ashwath Narayan; DK Shivakumar

It is an open secret that Minister for Higher Education Dr CN Ashwath Narayan and DK brothers can't see eye to eye. The latest war of words started at a programme in Ramanagar when Narayan made a comment at a public rally. Bengaluru Rural MP DK Suresh who was also present there countered this and both the leaders almost came to blows but were stopped in time. Since then, the leaders have been trading charges against each other. Recently Suresh had made a caustic remark about Narayan's past and the Minister called the DK brothers the 'Chitranna gang'. After so much bad blood, Narayan and DK Shivakumar came face to face at a Vokkaliga felicitation programme in Bengaluru recently. Though they were seated on the dais, they refused to acknowledge each other for more than an hour. Finally, when DKS was speaking, he cracked a joke at Narayan. Then when DKS was about to leave, he waved to Narayan and the Minister promptly responded. Whether this gesture will break the ice between the two Vokkaliga leaders remains to be seen.

Buffalo honours



Politicians are often termed thick-skinned as they fail to respond to the people's aspirations. The public has to come up with novel ideas to catch the attention of politicians and officials. Residents of Balehosur village in Gadag did just that recently. A bus shelter was not completed for a long time. So, the residents decided to do a ribbon-cutting and the chief guest for the event was a buffalo. A pink ribbon was tied and the beast was asked to do the honours. Luckily, the buffalo didn't use its might to do the honours, but patiently waited for its master to use the scissor to cut the ribbon after which the animal sashayed in.

Don't act too smart

CM Basavaraj Bommai; MP Pratap Simha

At the Chief Minister's press conference in Mysuru recently, CM Basavaraj Bommai snapped at his party man and BJP MP from Mysuru Pratap Simha saying it was tough to work with 'over intelligent' people. When Bommai and Cooperation Minister ST Somashekar were sitting at the venue, a host of people approached them for various works. At that time Simha requested Bommai to sign a file, so the CM shot back that he would first check it. Simha then tried to take a picture of the file from his mobile phone. Bommai took exception to this and asked Simha to take back his file if he had no confidence in the CM. An embarrassed Simha said he had no such plans but wanted to take a photo with CM and the file so that the case workers who will be working on the file will be serious enough to pass the file to the next level. Bommai was not convinced and was heard telling Somashekar that it is tough to work with someone who acts too smart! However, later Simha said that there was nothing wrong as he only wanted a photo with the CM to get the officials understand its serious nature.

Testing times

Karnataka Pradesh Congress Committee (KPCC) president DK Shivakumar's eldest daughter Aishwarya is a young entrepreneurs, who recently displayed a calm head for turbulent times. Recently there was a bomb hoax at the National Hill View Public School, an establishment she manages. Scores of parents had gathered in front of the school requesting the school staff to send their kids back. This was a testing time for the management, especially for Aishwarya. She came near the gate to explain to the parents that she suspected it was a hoax going by such events in the past. She also tried telling the parents about the measures taken by her school. As the parents refused to budge, she told them that all the efforts are going on and there was no point in staying. Finally, she was able to convince the parents, who moved out.

Plate-up time

Hundreds of people had gathered for Chief Minister's programme at KR Pet in Mandya recently. Form CM BS Yediyurappa too was part of this programme. After lighting the lamp, the Chief Minister and other dignitaries were about to speak. But all of a sudden, people started running out. Turns out all were headed to one place -- the food counter, where sources said that a variety of non-vegetarian dishes were being served. Learning from this, the BJP leaders tried a different hand in Kolar. At a BJP programme in Bethamangala, the organisers didn't serve food till the dignitaries on the dais were done with their speeches as who wants to address empty chairs?

Bumpy ride for mothers to be

CONTINUED FROM PAGE 1

Dr Subbalakshmi of BBMP Maternity Hospital.

The doctor said a better road would ensure that more pregnant women come to the maternity hospital. "We attend to 25 to 40 pregnant women every day. Expectant mothers from Laggere, Peenya, Yeshwantpur, Kamala Nagar, Mahalakshmi Layout and Sunkadakatte have to depend on this hospital as there are no maternity hospitals run by the BBMP in those areas," the doctor said.

According to Narasimha Murthy, the driver of the ambulance vehicle at BBMP Maternity Hospital, the road has been in the same condition for more than three years. "I have been struggling a lot to bring pregnant women in the ambulance to the hospital due to the worsening condition of the road. I want the authorities concerned to asphalt the road as early as possible for the benefit of pregnant women," said Murthy.

Vidyashree from Nandini Layout recalled her horrible experience: "It is very difficult to reach the maternity hospital through this road. I appeal to the BBMP authorities to asphalt the road without any delay."

R Subramanya, a social activist, criticised the BBMP engineer in charge for neglecting the road. He said the engineer in question did not take measures to fix the problem despite repeated reminders. "The BBMP took up the road work a few weeks ago but progress has not been up to the mark. Many women are finding it tough to visit the hospital due to the poor condition of this road. I hope the BBMP engineer will pressurise the contractor to complete the asphalting without further delay," said Subramanya.

KAUSHIK JN

Asphalting of main road at Bhuvaneshwari Nagar is yet to be done

Ravi, a resident of Nandini Layout, said he too struggled a lot to take his pregnant wife on a two-wheeler to the hospital. "It is not safe for pregnant women to commute on this road. The BBMP authorities have to take measures to complete the work as early as possible," he said.

Meanwhile, BBMP ward engineer Manjunath said he assumed office recently. "The asphalting work is in progress; it will take some time to complete the work," Manjunath said.

Lawbreakers turn against marshals

CONTINUED FROM PAGE 1

they tried to attack him with a knife. Though the marshal wasn't hurt, the offenders escaped."

According to Vivek, manhandling of marshals by citizens has occurred during a couple of instances, as residents failed to listen. "We stand at specific spots for hours to keep places clean. But people continue to dump garbage. Even when we try to penalise them, they do not pay. People say auto tippers should collect garbage according to the former's convenience. As the pick up is early, they fail to hand over the garbage during mornings and later come to the blackspot to dump it."

Jaffer, a resident, who moved to the area a month ago suffered the garbage menace close by to his house. Fed up with people dumping trash and stink, he informed the health inspector in charge, Dayanand, about the problem. But no action was taken.

"Not only do the residents but people from surrounding localities also dump garbage here. It gets worse when cows and dogs forage and make a mess. Stink of leftover food, thrown away, is everywhere. Unhealthy conditions are causing health problems. There are two schools in the stretch. The place has become a breeding ground for rats and diseases. I complained to the health inspector and also volunteered to clean the place; but people continue to throw garbage every day. What sort of civic behaviour is this?" he wondered.

Raising concern over the rising number of blackspots in the city, Bengaluru NavaNirmana Party member Vikram said, "Bengaluru generates approximately 5,500 tonnes of waste daily. The city's population is growing and so is garbage. It is time for officials to take strict action against those who threaten officials, and take remedial measures. It is miserable to see such uncivilised behaviour. On the other hand, it is unfortunate that the officials concerned have failed to take action against violators. Officials must use their power against the violators and take effective measures to educate people about the health hazards and other consequences of improper garbage disposal. We need to act now."

TO BOOK YOUR TIMES INTERACT ADS
Stay safe. Stay home.
Call/mail us for contact-less ad booking. To book your Times Interact ads
Call 080-23338111 / 9986482217
Email: ebenezer.winston@timesgroup.com
All digital payment solutions available

jobs

SITUATION VACANT

ADMINISTRATION

SENIOR / TOP MANAGERS

REQUIRED
CEO with B.Com, Computer and Co - operative Society knowledge. Retired person may also apply.
APPLY :
SRI YOGINARAYANA CREDIT CO-OP SOCIETY LTD
#20/1, 6TH MAIN,
N R COLONY, BENGALURU
Mob: 9886403409

IT RELATED

GENERAL

FRESHER Walk-in Indian Technologies Dreams Pvt Ltd BE/BTECH/BCA/MCA hr@indiantechdreams.com

MARKETING, ADVERTISING & SALES

SALES

WANTED Counter Sales Exe's (M/F) for a 2 Wheeler Showroom in Koramangala & JP Ngr, Salary + Incentives. Call : 9945083900, 9731028676.

OTHER VACANCIES

WORK FROM HOME

EARN 50000 pm Zero Investment free Training from top Co for VRS/Rtd officials/Bankers/ tax consultant/CA/Housewives Contact: 9035060141, 9538820130

GOVERNMENT Recognised Data Entry Typing Work From Home, Daily Payment, No Target, No accuracy, With Govt Bond. For details M: 9742344447

GOVERNMENT Recognised Data Entry Typing Work From Home, Daily Payment, No Target, No accuracy, With Govt Bond. For details M: 9742344447

THE TIMES GROUP
Readers are recommended to make appropriate enquiries and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

shopping

CLOCKS AND WATCHES

WE BUY Old Watches Rolex, Omega, Hublot, Patek Philippe, AP, Breguet, VC, Jaeger, IWC, Cartier. Vipul: 9619303232.

real estate

BANGALORE PROPERTIES

HORAMAVU

BANJARA Lyt, Horamavu-on 1196sft site 2BHK x2, 1BHK x3 House, 1 Room. Borewell, Safety Grill, Wood interior done. Sale 2.10crs. 8971834233

HSR LAYOUT

Invest in Your Future Invest in Land
SALE RESIDENTIAL
A Khata 30X40, 40X60 Sites 2KM From HSR Layout, Sarjapur Rd & Hosur Rd, Ready for Construction. Contact: 9740478029

JP NAGAR

3BHK Ready2Move flat forsale in a prime location of JPNagar near Nandhini hotel. High-End quality Rs.79Lks+Reg. Call 9739702962, 9739703182

FOR SALE

BANGALORE

3000SQFT commercial building, 5 floors, Incl. Lift, borewell & cauvery water, Chord road, Rajajinagar, BLR Contact: 9443370122

2 BHK semi furnished flat for sale near SHEKAR HOSPITAL, Bull Temple Road. Please contact 9845688471. BROKERS EXCUSE.

OUTSIDE BANGALORE

MYSORE

SITES @ Mysore MUDA Approved. Lake Facing T Narsipura Road. Fully Completed layout Immdt Regn. 75% Bank Loan 5-mins: Ring Rd,10-mins: Palace/ Bus-Stand. GSS: 9845287802 / 8050001571 www.gssprojects.in

PROPERTY ANCILLARIES

COMMERCIAL PREMISES

COMMERCIAL Property for Rent @ Prime Location in Electronic City G+10 Floors - 270 Car Parking, Ready to Occupy, 100% Power Backup 2,40,700 Sq.feet Contact: 94828 62442 Brokers please excuse

personal

CHANGE OF NAME

I Aparajeeta W/O, Valentin Melchior R/o 09 Vinnse Tower, Wheeler Rd Extension, Cooke Town, Bangalore have changed my name to Aparajeeta Dhuria

I, Shriyans Rai S/O, Ramanath Rai R/o 270/2, 67th Cross, 5th Block, Rajajinagar, Bengaluru - 560010 have changed my name to Shriyans R Rai for all purposes.

I Namratha C, W/o Kabirdev N M R/o Satguru residence No. 7-2, 2nd D main road, Jayanagar 6th block, Bengaluru-560082 Shall Be Known as NAMRATHA CHANDRASHEKAR MANDAVYA for all purposes, vide affidavit dated 20.07.2022 before Notary Arvind Patil G.G

ADMISSION NOTICE

R.E.S. POLYTECHNIC
Recognised by Govt. of Karnataka & Approved by AICTE, New Delhi
PUC / ITI Pass Join 2 yrs Diploma Engg
10th Pass Join 3 yrs Diploma Engg
1. Automobile Engineering 2. Computer Science
3. Electrical & Electronics 4. Electronics & Commn.
5. Civil Engineering 6. Mechanical Engineering
7. Commerce - Com. Practice 8. Arts - Fashion Technology
RES-22312
5, Sunkadakatte, Magadi Main Road, Hegganahalli Cross, Bengaluru-91 Phone: 080-23484814, 99166 46466

BUSINESS CONNECT

SUN & LAXMI FINCORP
ROI 5.9% PER ANNUM
❖Secured Loan
❖Unsecured Loan
❖Cheque Based Loan
❖Project Loan
❖NPA Release
❖Investments
❖Gold Buying & Selling
CIBIL NOT REQUIRED
Rs.1Crore to 100Crore & Above
74487 38834 / 35
www.sungrouppvtltd.com | laxmifinance02@gmail.com

Celebrating Success

R V PUBLIC SCHOOL®
Affiliated to the CISCE, New Delhi | Recognised by Government of Karnataka
Near Lalbagh West Gate
V.V. Puram, Bangalore-560004
Ph : 080-26569588
Email: rvpublicschool@gmail.com
The Management Heartily Congratulates the Staff and Students for Achieving 100% Results in Class-X 2021-22 ICSE Board Examinations.
TOPPER
ANUSHKA 99.00%
Dr. (h.c) A.V.S. Murthy Hon.Secretary,RSST
N. Lakshmi Sridhar Principal
OVERALL RESULTS
NITHYASHREE S 98.40%
ABHISHEK UPADHYA 98.00%
HARSHINI URS V 96.2%
ATHARV D NADIG 94.50%
RIDA NABEELA QAZI 94.00%
PRACHI H RAISONI 93.50%
JESWIKA SOUMYASHRI A V 92.33%
SACHIN R B HATHWAR 92.33%
NITIN THAKUR 91.00%
DEEPA M N 90.83%
NEHARIKA T R 89.67%
CHETAN KUMAR JAIN 88.83%
DEEPESH T JAIN 88.83%
TUSHAR DAWRANI 88.50%
KEERTHANA S YADAV 88.33%

GET NOTICED

RASHTREEYA SIKSHANA SAMITHI TRUST
RV COLLEGE OF ENGINEERING®
(Autonomous Institution affiliated to VTU, Belagavi, AICTE Approved)
Mysuru Road, Bengaluru-560059
Ph: 080-6818 8100 Website: www.rvce.edu.in
Center of Excellence-EV Technologies
(In collaboration with MG motors)
Certification Course on EV Technologies
Duration: 6 months, starting August 2022
Who can apply?
Diploma / B.E in Mechanical / Electronics and allied branches
For Details: Visit our Website: www.rvce.edu.in
Mob.: 99804 80001
Dr. K.N. Subramanya Principal
Dr. (h.c) A.V.S. Murthy Hon. Secretary, RSST
Go, change the world®

HEALTH TIP: Eating enough protein is vital for optimal health, as it provides the raw materials your body needs to create new cells and tissues

If you do not spend a lot of time in the sunlight, your vitamin D levels may be low

mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

Digital doubles

In the future, virtual versions of ourselves could predict our behaviour

A digital twin is a copy of a person, product or process that is created using data. This might sound like science fiction, but some have claimed that you will likely have a digital double within the next decade. As a copy of a person, a digital twin would — ideally — make the same decisions that you would make if you were presented with the same materials.

This might seem like yet another speculative claim by futurists. But it is much more possible than people might like to believe. While we might tend to assume that we are special and unique, with a sufficient amount of information, artificial intelligence (AI) can make many inferences about our personalities, social behaviour and purchasing decisions.

The era of big data means that vast quantities of information (called "data lakes") are collected about your overt attitudes and preferences as well as behavioural traces that you leave behind.

Equally jarring is the extent to which organisations collect our data. In 2019, the Walt Disney Company acquired Hulu, a company that journalists and advocates pointed out had a questionable record when it came to data collection. Seemingly benign phone applications — like ones used for ordering coffee — can collect vast quantities of from users every few minutes.

The Cambridge Analytica scandal illustrates these concerns, with users and regulators concerned about the prospects of someone being able to identify, predict and shift their behaviour.

But how concerned should we be?

High vs low fidelity

In simulation studies, fidelity refers to how closely a copy, or model, corresponds to its target. Simulator fidelity refers to the degree of realism a simulation has to real-world references. For example, a racing video game provides an image that increases and decreases in speed when we depress keys on a keyboard or controller. Whereas a driving simulator might have a windscreen, chassis, gear stick and gas and brake pedals, a video game has a lower degree of fidelity than the driving simulator.

A digital twin requires a high degree of fidelity that would be able to incorporate real-time, real-world information: if it is raining outside now, it would be raining in the simulator.

In industry, digital twins can have radical implications. If we are able to model a system of human and machine interaction, we have the ability to allocate resources, anticipate shortages and breakdowns, and make projections.

A human digital twin would incorporate a vast quantity of data about a person's preferences, biases and behaviours, and be able to have information about a user's immediate physical and social environment to make predictions.

These requirements mean that achieving a true digital twin is a remote possibility for the near future. The amount of sensors required to accumulate the data and process capacity necessary to maintain a virtual model of the user would be vast. In the present, developers settle for a low-fidelity model.

> **A human digital twin would incorporate a vast quantity of data about a person's preferences**

Ethical issues

Producing a digital twin raises social and ethical issues concerning data integrity, a model's prediction accuracy, the surveillance capacities required to create and update a digital twin, and ownership and access to a digital twin.

British Prime Minister Benjamin Disraeli is frequently quoted as saying, "There are three kinds of lies: lies, damned lies and statistics," implying that numbers cannot be trusted. The data collected about us relies on gathering and analyzing statistics about our behaviours and habits to make predictions about how we would behave in given situations.

This sentiment reflects a misunderstanding about how statisticians gather and interpret data, but it does raise an important concern.

One of the most important ethical issues with a digital twin relates to the quantitative fallacy, which assumes that numbers have an objective meaning divorced from their context. When we look at numbers, we often forget that they have specific meanings that come from the measurement instruments used to collect them. And a measurement instrument might work in one context but not another.

When collecting and using data, we must acknowledge that the selection includes certain features and not others. Often, this selection is done out of convenience or due to the practical limitations of technology.

We must be critical of any claims based on data and artificial intelligence because the design decisions are not available to us. We must understand how the data were collected, processed, used and presented.

Power imbalances

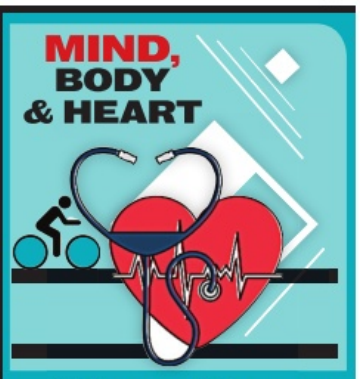
The imbalance of power is a growing discussion in the public concerning data, privacy and surveillance. At smaller scales, this can produce or increase digital divides — the gap between those who do and those who do not have access to digital technologies. At larger scales, this threatens a new colonialism premised on access to and control of information and technology.

Even the creation of low-fidelity digital twins provides opportunities to monitor users, make inferences about their behaviour, attempt to influence them, and represent them to others.

While this can help in healthcare or education settings, a failure to give users the ability to access and assess their data can threaten individual autonomy and the collective good of society.

Data subjects do not have access to the same resources as large corporations and governments. They lack the time, training, and perhaps the motivation. There is a need for consistent and independent oversight to ensure that our digital rights are preserved.

- By Jordan Richard Schoenherr, Assistant Professor, Psychology, Concordia University (The Conversation)



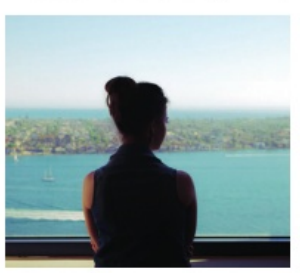
All problems solved

Dear Coleen

My husband's job changed in January, which means he spends most of the week in another part of the country and I have to work every other Saturday, so we barely see each other.
This arrangement has started to cause a few rows - I keep having a go at him for taking the job, even though I thought it was a good idea at the time.
He says I should have relocated with him.
We've been married for four years and it's feeling tough. How can we find a way forward?

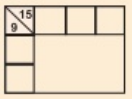
COLEEN SAYS

Speaking from experience, a long-distance relationship can quickly lead to you having separate lives if you're not paying attention.
You don't say if your husband being away is a temporary arrangement, but if there's no end date at the moment, then you really have to think about how to make it work.
You have to support the relationship - rediscover the fun and romance, and spend quality time together, even if it's tempting to just sit at home on the sofa.
And rather than arguing, have honest discussions about how you're both feeling and what you can do to make things better.
Are there any compromises you can make - for example, the weekends you don't work, maybe you could visit him?
What about getting holidays in the diary too, so you have that to look forward to.
Could he work from home occasionally as well?
I think it also helps to have a long-term plan - if you have a timeframe for this arrangement, it will be easier to manage.
—Coleen Nolan, Daily Mirror



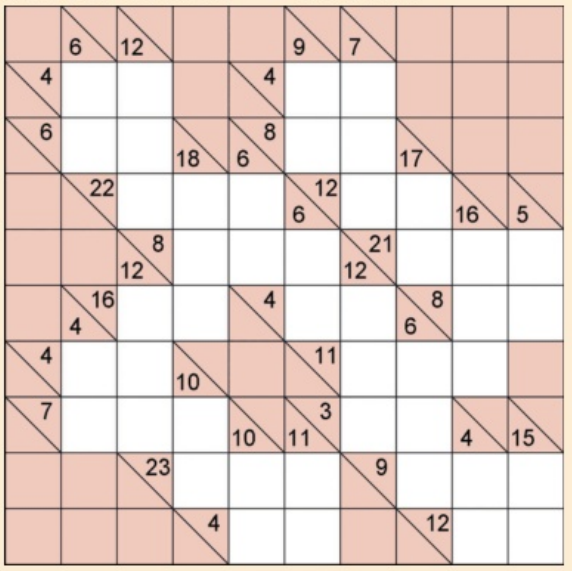
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

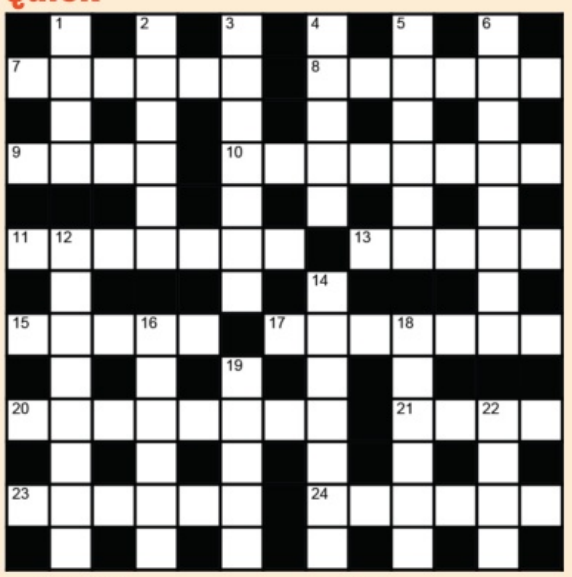


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Fertile, prolific (6)
8 Italian shrimp (6)
9 Smear with paint (4)
10 Immenseness or vastness (8)
11 Sergeant has three of them (7)
13 Make suitable (5)
15 Peach ___ : ice-cream and fruit dessert? (5)
17 Christen, entitle or consecrate (7)
20 Trounces, beats soundly (8)
21 Low tide type (4)
23 Danger, threat (6)
24 Chilled or froze (6)

DOWN

1 Zeus' wife (4)
2 Capital of Maharashtra (6)
3 Sticks (7)
4 Ex-India batsman Mankad (5)
5 ___ on : applied brakes forcibly? (6)
6 Tomb inscriptions (8)
12 Shakespeare: "The Taming of ___ ____"? (3,5)
14 Units of astronomical length (7)
16 Vidhyarthi ____ : Dosa place in Gandhi Bazaar (6)
18 It connects a muscle to a bone (6)
19 Burglar (5)
22 Got a perfect score ? (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: L EQUALS P

XVDQ LWVLNW AV CVQ LIUG; QBWG VCNG MWR.

Linemaro

Hi, my friend thinks you're cute, but I don't. I think you're gorgeous

Mindchow

Whether you think that you can, or that you can't, you are usually right

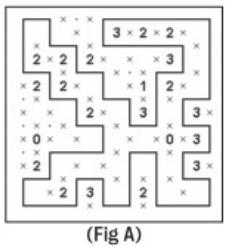
Joke of the day

I couldn 't repair your brakes in your car, so I made your horn louder

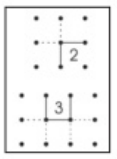
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



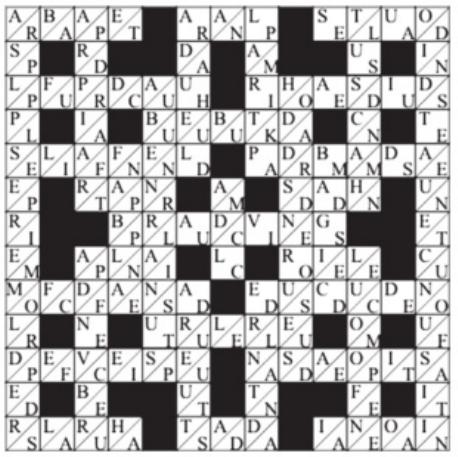
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

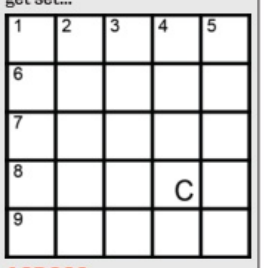
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

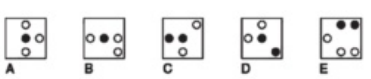
1 SS Bot; 6 Your L;
7 Unapt; 8 C Math;
9 Splat

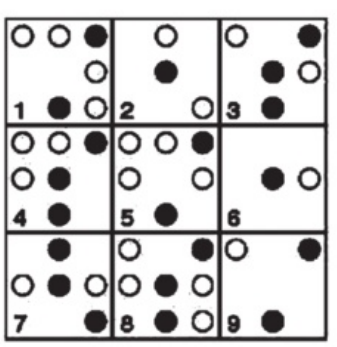
DOWN

1 Lumps; 2 Talon;
3 A tout; 4 Br CAT;
5 HS Spy

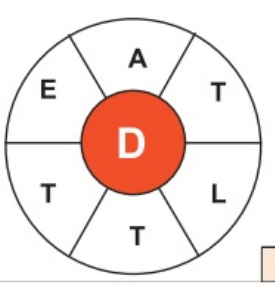
Mensapuzzle

Looking at lines across and down, if the first two tiles are combined to produce the third tile, with the exception that like symbols are cancelled out, which of the above tiles is incorrect, and with which of the tiles below should it be replaced?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

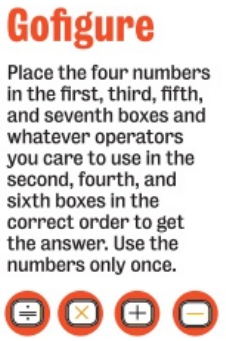
SudokuChallenge

8								1
		6	8		1		5	
			7			9		
		2		7		5		4
	6	7				3	8	
9		5		8		7		
		1			3			
	9		6		7	4		
3								9

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.

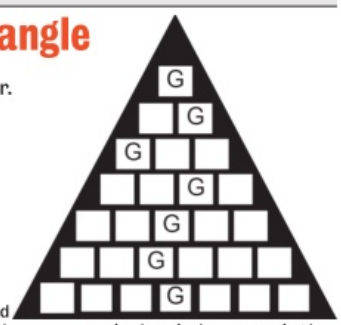
Differences: 1. Candle is taller. 2. Arm is resting on table. 3. Back of chair is different. 4. Dial on stove is moved. 5. Light is shorter. 6. Hair is different.

Riddler

With pointed fangs I sit and wait, With piercing force I dole out fate, Over bloodless victims proclaiming my might, Eternally joining in a single bite. What am I?

Alpha triangle

1 7th letter
2 For example, abbr.
3 Set
4 Lower limbs
5 Some sleds
6 Plays "Taps"
7 Mismanages



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

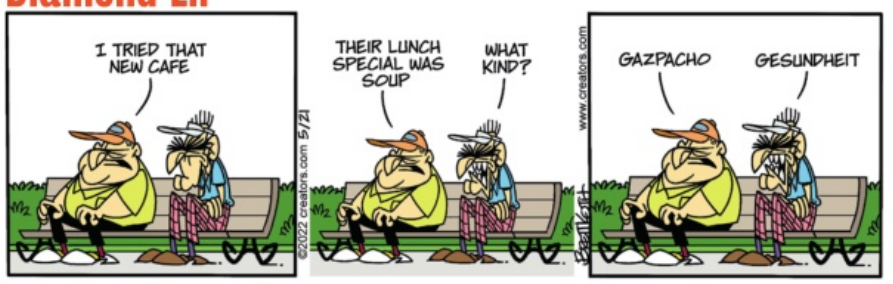
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil



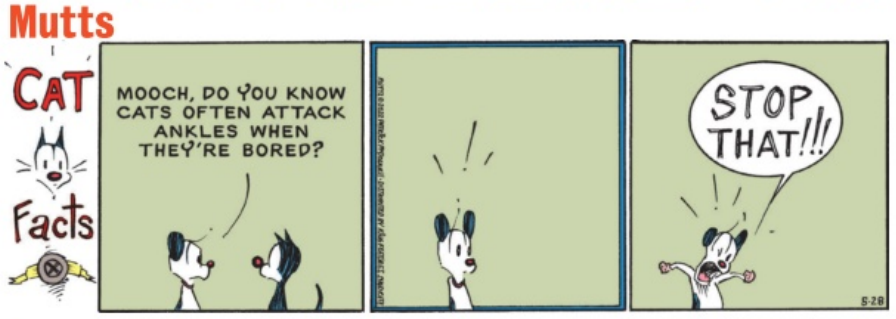
Hart of the city

YOU'RE REALLY PUTTING IN THE EFFORT TODAY! WHAT'S CHANGED?
BETWEEN YOU AND ME... I'M HUNTING GHOSTS LATER. I WANNA BE LIMBER.
GHOSTS, HUH? THEN YOU'D BETTER DO SIT-UPS.
CORE STRENGTH IS THE FIRST TO GO WHEN SCARED BY GHOSTS.
WEEKLY EXERCISE
DEAN T
CRUNCHES
SIT-UPS
PUSH-UPS

Crankshaft

I STILL DON'T UNDERSTAND HOW I WAS NOMINATED FOR AN OHIOANA BOOK AWARD!
ACCORDING TO THE WEBSITE, THE NOMINEE HAS TO BE AN OHIO AUTHOR...
AND ANYONE CAN NOMINATE THEM.
BATIUK & DAVIS crankshaftcomic.com/books
5-18

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you are blessed by Jupiter and the moon. You may expect to get some rewards for your social services. You are appreciated by your seniors and may get promotions. Your losses may convert to profits now, which will increase liquidity in the business. You will plan to invest more capital in your family business.

Taurus Apr 21 – May 20
Today you may feel happy. Your health is also good, which may give you inner strength and self confidence. Your conscience may not allow you to manipulate a messy task to maintain your reputation around your environment. Your social prestige is likely to be increased.

Gemini May 21 – Jun 21
Today you may be disappointed. You are advised to control your arrogance, otherwise you may face some losses due to your tone while talking with others. Lovebirds should be careful in discussions, otherwise relationships may be affected.

Cancer Jun 22 – July 23
Today you may have peace of mind. You may plan to invest some capital in business, which may increase liquidity. Your earnings may boost your financial health. You may enjoy romantic moments with your spouse, which may enhance harmony in the family life. Singles are likely to find a suitable match. Lovebirds can make decisions to get married. Students will be blessed by good karma.

Leo Jul 24 – Aug 23
Today you may be very happy. Your losses may convert to profits. Your seniors may be happy and appreciate your work. You are likely to see some changes into your position or responsibilities at work in terms of promotions. Your opponents and hidden enemies may be under control now. Singles and love birds can make important decisions in terms of marriage with the help of relatives or friends.

Virgo Aug 24 – Sep 23
Today you are blessed by the positive moon. Your health may be good today. You are likely to go to some spiritual place with family or friends. You may plan to donate to charity. Property-related deals are likely to be done. You may plan for overseas travel related to work.

Libra Sep 24 – Oct 22
Today you may be a victim of conspiracies. You should avoid being involved in them. Your strong willpower and blessings from elders may protect you from this critical situation. You are advised to avoid making arguments in your love life. You should also avoid rash driving or adventure tours.

Scorpio Oct 23 – Nov 22
Today you will be happy. You will feel peace in your mind. Your focus towards your goals would be very good. You are likely to have romantic moments with the spouse. Your bonding with your spouse may be stronger now. You will also be busy with other domestic issues.

Sagittarius Nov 23 – Dec 22
Today you may be more enthusiastic. Your performance at work may be good and can boost your terms with seniors. You are likely to get some new responsibilities in terms of promotions. In legal matters, you may hear good news. Opponents and hidden enemies may be under control.

Capricorn Dec 23 – Jan 20
Today, you may be able to complete difficult tasks very easily, which may boost your confidence levels. Your past investments may bring you good gains. You are advised to avoid arguments on worthless topics, it may waste your precious time.

Aquarius Jan 21 – Feb 19
Today is not the best day. You may feel unhappy or dissatisfied with your current situation. You are advised to keep patience and should not make any decisions in a hurry. You are advised to take care of your parents.

Pisces Feb 20 – Mar 20
Today you may be enthusiastic. Your focus towards your goals may be very good. You may easily achieve your target. You are likely to go for short work-related trips, which may bring you benefits in the near future. Your colleagues and friends may help you with the completion of some important projects.

KIDZONE

Tanisha Patil, 11 Years, Bengaluru

PV Mayukha, 5 Years, Euro Kids

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= 5^(-7-(-10)+(-5))
= 5^(-7+10-5)
= 5^(3-5)
= 5^-2
= 1/25

BULL'S EYE
dale, date, deal, dealt, detta, lade, lead, tatted, TATTLED

STRIKE OUT

R	A	R	A	S	A	D
E	E	T	N	E	I	
D	E	V	I	S	E	A
R	E	T	U	L	E	M
O	F	F	E	N	D	E
E	A	L	A	C	O	I
I	B	R	A	C	I	N
P	T	A	R	M	D	A
E	I	F	F	E	L	A
L	I	B	U	B	K	A
P	D	A	H	R	H	E
R	A	S	A	D	I	N

QUICK

W	N	F	S	N	D	
M	E	N	A	C	E	C
R	V	I	E	D	C	
T	H	R	A	S	H	E
S	H	T	R	E		
M	E	L	B	A	B	A
S	T	R	I	P	E	S
D	A	U	B	E	N	O
R	M	H	M	I		
F	E	C	U	N	D	S

MENSA PUZZLE
Tile 7 is incorrect, and should be replaced by tile 8;

SUDOKU

8	2	9	4	3	5	6
7	4	6	8	9	1	2
5	1	3	7	6	2	9
1	8	2	3	7	6	5
4	6	7	1	5	9	3
9	3	5	2	8	4	7
6	5	1	9	4	3	8
2	9	8	6	1	7	4
3	7	4	5	8	2	9

ALPHA TRIANGLE
G, Eg, Gel, Legs, Lugges, Bugles, Bunglies.

GO FIGURE
Easy
9 + 4 - 3 - 1 = 9
Medium
2 + 8 x 4 - 6 = 34
Hard
6 x 2 - 3 - 6 = 3

LOOP

KAKURO

FAST FIVE

S	T	O	B	S
L	O	U	R	Y
U	N	T	A	P
M	A	T	C	H
P	L	A	T	S

RIDDLER A Stapler

QUOTE UNCODE
Most people do not pray; they only beg.

Volume No 16, Issue No 24 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Fourth Estate Ltd, No. 9/10/11-A, 4th Main, Bommasandra Industrial Area, Hosur Road, Bengaluru 560099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Remake ready
Composer GV Prakash Kumar said three songs have been recorded for Hindi remake of National Award winner 'Soorarai Pottru', starring Akshay Kumar

BangaloreMirror | 12
Monday, July 25, 2022
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

Why Nayanthara fans are upset with KJo

Did filmmaker deliberately throw shade at South Indian superstar during his show?

Fans of South Indian superstar Nayanthara are upset with Bollywood producer-filmmaker-entrepreneur Karan Johar after he made an indirect remark about her on the recent episode of his chat show 'Koffee With Karan'. 'Super Deluxe' star Samantha Ruth Prabhu graced the recent episode of Karan's show along with Bollywood superstar Akshay Kumar.

At one point during the show, KJo asked Samantha who she thought was the biggest actress in South currently. Referring to her recent release Kaathuvaakula Rendu Kaadhal in which she stars along with Nayanthara and Vijay Sethupati, Samantha said, "Well, I just did a film with Nayanthara."

She implied that she thinks Nayanthara is the biggest actor in the South. However, Karan didn't appear to be on the same page with her as he said, "Well, not in my list!" He then went on to refer to a recent list, brought out by Ormax Media, of top female actors in the country which had Samantha as the number one female actor in the country.

This has irked Nayanthara's fans as they took to the Internet with a sentiment that KJo purposely threw shade at Nayanthara and belittled both Nayanthara and Samantha. Some fans even pointed out that Karan's next production 'Good Luck Jerry' is actually a remake of Nayanthara-starrer Kolamaavu Kokila.

–IANS

Nishaachara is special in more ways than one

Bhaskar Ji had perfect eyesight till around 15 years ago. But due to a retina issue, he started losing sight and soon could see no more. However, having always been interested in theatre, Bhaskar decided never to let go of his passion. And today he has successfully handled the megaphone for Kannada movie Nishaachara.

"I used to participate in theater when my eyesight was perfect. After 2005, I gradually started losing vision. Now, I can't see anything. I have visited many ophthalmologists but nothing worked," Bhaskar tells Bangalore Mirror. He finished the shoot for Nishaachara in 26 days at Karkala, Udupi and Mattu Beach. "Nishaachara is shot on a cruise. Usually thrillers are shot in a forest or an old bungalow, but we hired a cruise for the shoot. We had to struggle through rough weather for seven to eight days. That was not difficult, but certainly a challenge," Bhaskar says. Bhaskar wants to convey the message of love with the film. "I want to say that falling in love is also not a crime, but falling in love with the wrong person may be so. And I also want to tell college students, not to lie to their parents and go off on trips," he says.

The film has two duets and one item number. It is bankrolled by Latha, Brunda and Nethravathi. Akshay, Swasthika, Madhu Garike, Dolly, Hemachandra, Pavana form the cast while Manjunath Patil worked behind the camera.

— Y Maheswara Reddy

Now, Johnny appeals defamation award

Johnny Depp's ex-wife Amber Heard was awarded $2 million in damages by the Virginia Jury in their defamation suit against each other in June. Now, the 'Pirates Of The Caribbean' actor has appealed the $2 million defamation award in court. This development has come after the 'Aquaman' actress gave formal notice of her intent to appeal the verdict in Depp's trial against her.

"Plaintiff and Counterclaim-Defendant John C. Depp, II, by counsel, hereby appeals to the Court of Appeals of Virginia from all adverse rulings and from the final judgment order of this Circuit Court entered on June 24, 2022," read the notice of appeal, according to Deadline.

The Virginia Jury awarded Depp USD 15 million in damages but Heard had to pay USD 10.35 mn due to a Virginia law limiting punitive damages (the judge reduced the amount).

It's a wrap

Flower power, traditional, shimmery — you name it and Malaika Arora has it. Nine sarees to steal from Malaika's wardrobe

Watch this story come alive on your device by scanning this QR code

B Jayashree back to playback

Hard-core fans of veteran actress, theatre artiste and singer B Jayashree, we have good news for you. After a break of 15 years, Jayashree is returning to the world of playback singing with a song for Kannada movie Maariguddada Gaddadaarigalu (Bearded men of Maarigudda).

Jayashree's last outing as a playback singer was Maathaad Maathaadu Mallige with the song– Baro Nam Therige .

"I am happy to have Jayashree Amma as one of the playback singers for my movie. I requested her to sing a song that is full of sentiments. She took 15 days to give her nod. The recording of the song was completed in a few hours though," said director Rajeev Chandrakanth.

The song – Sanjeyali Hoydaavo Manjina Chiththaara – was recorded at Hamsalekha Studio under the guidance of music director KM Indra.

— Y Maheswara Reddy